

Health Talk 0001 “Washing Hands”

Announcer: Welcome to “Health Talk”, where you’ll find “Good Advice for Good Health!” Now, here are Ty and Paula with today’s topic.

T: Hi there!

P: Today on Health Talk, we’re talking about washing our hands.

T: We use our hands to do many things: making something, holding a child’s hand, eating, working, cleaning the house, digging in the garden, looking after animals, and many other things.

P: Doctors and nurses are a good example of why clean hands are important. They use their hands to help people get better. Before doctors enter the operating theatre to operate on someone, they have to dress in a clean gown, hat and mask, and scrub their hands for 10 minutes. Then they put on rubber gloves that are free from germs of all kinds.

T: We all have germs in and on our bodies. Some germs just live there and don’t do any harm. Other germs can cause a lot of harm. The doctors don’t want to pass harmful germs on to the patient so that is why they cover themselves in clean clothing, scrub their hands and wear special gloves. If germs get into an open wound, the wound may not heal.

P: It is very important for us to wash our hands before touching food and before touching the things we use to prepare the food: for example, the pots, pans, plates, knives and forks. If we touch a plate with dirty hands, germs from our hands will get on the plate, and when we put our food on the plate, the germs will get on the food. So it’s important to have clean hands when we prepare the food and when we eat it.

T: It's not a good idea to eat something that someone has prepared with dirty hands. They might have been digging in the garden, and germs from the soil could get on the food they gave you to eat. It could make you sick. Or they might have been touching animals. Animals can have viruses which can be deadly for us humans. So if we touch an animal with a virus and then prepare food, those who eat the food could become very sick and even die.

P: It's good to wash our hands many times throughout the day. For example, we should wash our hands after using the toilet, after going to the market, or after playing with pets or feeding animals. We may even want to wash our hands after we greet someone by shaking hands, if their hands are dirty! Our hands might come in contact with poisons when we are using a spray in the garden, or using chemicals for cleaning. Gloves will protect our hands, but poisons can get into our body through the skin so it is still important to wash our hands thoroughly after using or touching any poison or its container. And please, remember to keep poisons out of the reach of children.

T: How should we wash our hands? Use soap and clean water. But if you do not have soap, then just wash them thoroughly in clean water. Rub your hands together for a while, then rub the backs of your hands and between your fingers. Use a small brush to clean under your fingernails! This will remove most of the germs and help to keep you and your family healthy.

Announcer: This has been "Health Talk," a production of HCJB Global Voice. For more "Good Advice for Good Health" stay tuned to this station, or log on to hcjbglobal.org.